

## ABSTRACT

The invention relates to a hinged, adjustable assembly for holding a foot (33) on a sports item (40). The  
5 inventive assembly is characterised by a shell (5) which pivots around a shaft (6) which is fitted into a plate (4). According to the invention, two torsion springs (7), which are mounted to the aforementioned shaft, are blocked in rotation and used to maintain an adjustable pressure (39)  
10 between the shell (5) and the foot (33) which is introduced into the assembly at a curve (12). The upper raised end (11) of the shell (5) and the tensioning (38) of the torsion springs (7) enable said shell (5) to move upwards when the user wants to insert/extract a foot (33) into/from  
15 the assembly. The aforementioned plate (4) comprises a notched slot (19), which is housed in the notched slot (16) of a disk (3), and can be used to adjust the shell (5) in translation (35). Moreover, the other face of said disk (3) comprises a notched circular ring (13), which is housed  
20 in the notched circular ring (22) of the base, and can be used to adjust the shell (5) in rotation (36). Another disk (2) comprises a notched circular ring (23), which is housed in the notched circular ring (21) of the base, and can be used to adjust the device in rotation (34). The  
25 aforementioned adjustments enable the user to adjust the shells (5) to the feet (33) comfortably, using the associated pins.